

ATTENTION ALL WPAFB MILITARY

WPAFB Fitness Centers are throwing down the gauntlet, and dare you to pick it up? We are looking for the ULTIMATE WARRIOR and ULTIMATE WARRIOR SQUADRON. We hear you talking about how great you did on the fit test. Well, now is the time to really put it to the test.

Rules of Engagement:

1. Each unit can put in one team, 3 men 3 women per team
2. Each team member will compete in all events
3. Total of all points for team total
4. Individuals competing alone will be awarded points; Same for teams

Fit Test Events:

1. 1 ½ mile run - Points – Total seconds over AF max for age (Male 40yrs old max is 10.24 points given for every second under
2. Situps – Points – 1 point for every situp over AF max for age
3. Pushups – Points – 1 point for every pushup over AF max for age
4. Chinups – Points – 1 pt if 10 chinups completed 3 points for each chinup completed over 10

Strength Events: All done on Strive equipment

1. Leg Press: Use Body Weight – 10 reps at position 1 and 2 then one point for every rep on position 3 up to 10 then 2 points for every rep over
2. Incline Chest Press – 50% Body Weight - 10 reps at position 1 and 2 then one point for every rep on position 3 up to 10 then 2 points for every rep over
3. Seated Row – 50% Body Weight - 10 reps at position 1 and 2 then one point for every rep on position 3 up to 10 then 2 points for every rep over
4. Shoulder Press – 33% Body Weight - 10 reps at position 1 and 2 then one point for every rep on position 3 up to 10 then 2 points for every rep over

For the Women – Same as above except as follows

Chest Press – 40%, Seated Row 40%, Shoulder Press 25%

Folks this is for more than just bragging rights, we are working on some prizes worthy of the engagement. Signup starts on 13 March at all fitness centers and the event will be held in June. Get your teams together and let's find out who really is the toughest of the tough, the ULTIMATE WARRIORS!! More information will be announced soon so keep watching.